



CAPITAL INSTITUTE  
FOR COGNITIVE BEHAVIORAL THERAPY

# In-Person Social Anxiety Group

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**When:** Tuesdays

**Location:** 1729 21st Street, NW  
Washington, DC 20009

**Length:** 12 weeks

**Time:** 6pm-7:30pm

**Ages:** 18+

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**For more information, or to  
schedule an intake, contact:**

**Ryo Noguchi, Ph.D.**

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-or-

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# Building Social Confidence

The Building Social Confidence Group is a skills-based, in-person, experiential group to assist individuals in breaking the cycle of social anxiety that might be limiting a person's ability to make meaningful social connections. Members will learn cognitive skills to reframe anxious thoughts to make them less threatening, develop a plan to confront anxiety-provoking situations, use the session time to practice engaging in social interactions, and engage in out-of-session practice to continue building skills outside of group sessions.

This is a mixed gender group for individuals 18 and older and will be held in-person at our DC office on Tuesday evenings. The group will run from 6:00pm until 7:30pm. Individuals with and without prior group therapy experience are welcome. This is a time-limited group of 12 sessions. Potential candidates for group will have a one-to-one 45-minute meeting with the group leader to make sure that the group is an appropriate fit for them.

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**12-Week, In-Person Program**

**\$100 per session**

**Group Leaders: Ryo Noguchi, Ph.D. & Emma Muscari, Ph.D.**